

# Individual Program Descriptions

## Creative Living - #7400 Series

**7401**

**9-6-17**

- **Marjolaine Walker** is the owner and designer of *Twelve Stones Scrapbooking*. She's going to show how to decorate a monthly calendar page with stickers and scrapbooking supplies. She'll also show how to make a dashboard with an inspirational message. To do lists are more fun to follow when they are appealing to look at.
- **Dorothy Brown**, owner of *International Fabric Collection*, will show how to quilt using heavier, darker fabrics, much like those the Amish used in their quilting. Her examples feature either heavy cotton or wool that has been used for quilting.
- **David Fisher** is a self-taught soap maker, and he's going to demonstrate the basics of soap making and explain the different methods you can use. He'll talk about the tools and equipment needed and show how to customize your soaps. Fisher is writing his own book about the basics of soap making.

**7402**

**9-13-17**

- Author, designer and teacher **Shannon Brinkley** will demonstrate a raw-edge applique technique where you collage fabric scraps to create your applique piece. It is called Scrappy Applique, and has many uses as Brinkley will show.
- **Judi Moreo** is an author, motivational speaker, and painter and also the editor of a magazine called Choices. She will talk about how she chooses topics and guests and explain why she decided to create a positive mental attitude publication. The quarterly magazine is available online and through subscription.
- **Mitch Teller** is President of *Softlites*, and he's going to show several ways to get creative with wall décor using plates. He'll show what tools are needed and make recommendations on how many plates to hang and share special tips on ways to arrange the display to avoid unnecessary nails in the wall.

**7403**

**9-20-17**

- Do you suffer from pet hair or other allergies or even asthma? If so, the new *Sirena Vacuum* may be the answer. Founder and CEO, **Toufic Khayrallah** will show how this remarkable vacuum uses water as a filter medium so all debris is collected and removed forever from the home.
- **Nancy Nix-Rice** is a wardrobe consultant and author, and she's going to show how to conquer chaos in the closet as well as share some organizing ideas for accessories and purses. Her book is titled "*Looking Good*."

**7404**

**9-27-17**

- **Sarah Ryan** is a registered dietitian and nutritionist with *DairyMAX*, and she stresses that breakfast is the most important meal of the day. She will demonstrate some quick and fun ways to add protein to your favorite breakfast which will energize you all morning.
- **Jen Fox** is the owner and designer with *Jen Fox Studios*, and she's going to show how to use a common and inexpensive household item, freezer paper, to create stencils in order to use them to embellish fabric with fabric paint.
- **Maria Benardis** will talk about some of the ingredients in ancient Greek recipes. She explains that their healing and medicinal use in ancient times is still current even today. Her book is titled "*Cooking & Eating: Wisdom for Better Health*."

**7405**

**10-4-17**

- **Barbara Crawford**, owner of *Crawford Designs Patterns*, will demonstrate how to make innovative Stitch and Rip jackets. She'll go over free motion sewing, adding batiks, putting on collars, and share some new themes that incorporate hand and machine embroidery.
- **James Fallon** is the Snore Report Brand Ambassador with *Snore Metrics*, and he's going to explain how to improve sleep. He'll discuss pillows, humidifiers and a white noise machine which can be especially helpful for insomniacs. He'll also show photos of rooms that help with better sleep vs. ones that overstimulate.
- **Nancy Siler** represents *Wilton Brands*, and she's going to show how to make snack cakes, which can be decorated for any occasion and are good for kids' or adult parties. Just use your imagination.

**7406**

**10-11-17**

- **Karla Stockli**, is the Chief Executive Officer with the *California Fig Advisory Board*, and she's going to explain the differences between light and dark varieties of figs when cooking. This will include flavor notes and variety descriptions.
- **Wombi Rose**, co-founder of *Lovepop Cards*, and he will explain the design process of making these three-dimensional popup cards. The best part is getting to see literally hundreds of designs their company makes and they are designed for any occasion.
- **Connie Moyers** represents *Mrs. Cubbison's Kitchens*, and she's going to talk about the abundant selection of pre-packaged salads available in most supermarkets, as well as all the add-ons that can be used, including croutons, tortilla strips and wonton strips.

**7407**

**11-18-17**

- **Charlene Patton** is the Executive Director with the *Home Baking Assn.*, and she says it's easy to adapt almost any recipe for special needs, such as allergies, gluten-free or to boost whole grains. She'll demonstrate how to determine alternative ingredients, talk about food safety, and discuss how to encourage kids to learn to bake.
- **Dr. Robert Lebby** is a certified sleep doctor at the *Center for Sleep and Wellness*. He's going to talk about how to determine if you have a sleep disorder, explain what risks are associated with sleep disorders and suggest some devices and remedies that are recommended for someone who snores.
- Interior designer, **Beth Secosky** is going to show how to update window treatments using a current trend – color blocking. She'll talk about fabric selection, hanging panels and discuss the costs involved. Her business is *EASYdesigns, LLC*.

**7408**

**10-25-17**

- **Shannon Wooton** will demonstrate a technique called Quilting-As-You-Go, which is a great way to be creative and expressive even if you think you don't have a lot of time and you want to complete a quilting project from start to finish. Wooton is the Extension Home Economist with the *New Mexico Cooperative Extension Service*.
- **Deborah Pace** is going to show how to create mandalas based on her newest book, which includes not only instructions and ideas, it has many designs you can print, copy and trace for making your own mandala. She'll also show using different paper types to draw on. Her company is *AarTvark Cre8tions*.

**7409**

**11-1-17**

- Did you know that pet bowls are ranked the 4<sup>th</sup> "germiest" place in the home? **Alex McKinnon** is the founder and CEO with *Kinn, Inc.*, and he's going to explain how to eliminate the spread of household germs from unsanitary pet food and water bowls to adults and children living in the same household.
- **Jen Fox** is the owner and designer with *Jen Fox Studios*, and she's going to show how to take a favorite handbag sewing pattern and customize it with basic raw edge machine applique. She'll also show examples of bags made with her own line of patterns.
- **Lisa Rojas** is a mixed media artist and designer, and she's going to show how to make a beautiful velvet stamped photo book. Who knew you could stamp on elegant fabric such as velvet? Her company is *Stampin' Queen Creations*.

**7410**

**11-8-17**

- **Bruce Johnson** represents *Minwax* and will talk about getting and keeping your kitchen organized while bringing some charm, color and character into the room. He suggest using inexpensive unfinished boxes along with a variety of Minwax products.
- Design Development Director, **Deborah Kreiling** will demonstrate sewing knit leggings with *Simplicity Patterns*. Not only are leggings so popular, they are comfortable to wear and easy to make. Kreiling will show seam finishes and talk about selecting knit fabrics and show how to stitch on elastic.
- **Emily Tatak**, Assistant Culinary Specialist with *Wilton Brands*, is going to demonstrate how to make a gumball cupcake. These make adorable favors or decorations at a child's birthday party, or for any afternoon get together.

**7411**

**11-15-17**

- **John Vollertsen**, more commonly known as Chef Johnny Vee, is going to demonstrate two recipes from his "Cooking with Johnny Vee" cookbook. Next time you're in the mood for Mexican cuisine, try these tasty tacos and edgy enchiladas. He is the owner of *Las Cosas Cooking School*.
- **Sarah Ryan** is a registered dietitian and nutritionist with *DairyMAX*, and she wants everyone to get to know their dairy farm families who work hard to produce the dairy foods we all love and enjoy. She'll demonstrate a couple of her favorite recipes, including a salad in a jar and antipasto on skewers.
- **Maria Benardis** will talk about how to adopt stress free cooking at home by having the right energy in the kitchen. This includes music, color, measurements and a sense of humor. Her book is titled "*Cooking & Eating: Wisdom for Better Health.*"

**7412**

**11-22-17**

- If you're looking for a pet for your child, how about considering a parakeet? **Ray Pawley** is a retired zoologist, and he says that budgies, or parakeets are extremely popular pets for many reasons. They are very friendly and easy to tame and some are capable of mimicking speech.
- What is a Zentangle? **Deborah Pace** is an artist and designer, and she's going to explain what a Zentangle is, tell how it got started and what supplies are needed to do this type of artwork. She'll also talk about what surfaces you can use. Her company is *AarTvarK Cre8tions*.

**7413**

**11-29-17**

- **Casey Jones** has DID or Dissociative Identity Disorder, formerly called Multiple Personality Disorder. She credits early childhood music lessons and continued practice with playing a key role in her surviving and thriving this disorder when growing up. She firmly believes that mental illness can be healed through music.
- **Erica Plank** has come up with a great tool for quilters – it's a 9" seam pressing template that guarantees perfect corners every time. It is designed for seam pressing only, and you use a dry setting (not steam) on the iron. She'll demonstrate its use while making a Cathedral Window quilt block. Her company is *Unseen Hands*.

**7414**

**12-6-17**

- **K C Cornwell**, owner of *G-Free Foodie*, will discuss some of the newest gluten-free box meals on the market, and she'll explain why they have become so popular. Besides food items, there are also jewelry, clothing and fragrance subscription boxes available, and she'll tell why they are great for trying out new ideas, products or hobbies.
- **Kerri Forrest** represents *Bernina Sewing Machine*, and she's going to demonstrate how to use three different presser feet for piping, gathering and making ruffles.

**7415**

**12-13-17**

- Chef, **Hillori Hansen** will demonstrate some easy to prepare heart-healthy meals that can be prepared ahead of time. She is the culinary specialist with *Whole Foods Market* and has lots of ideas and recipes she'll share.
- **Dorothy Brown**, owner of *International Fabric Collection* will talk about the properties of silk and show how to quilt using Dupioni silk. Since Dupioni silk has a tendency to unravel, it's important to use a lightweight iron-on stabilizer to make it more manageable.
- **Kris Caputo** is Vice President of Marketing with the *California Fig Advisory Board*, and she's going to talk about the many nutritional benefits of consuming fresh and dried figs. They are also a great complement to an active and fit lifestyle.

**7416**

**12-20-17**

- **Catherine Jordan** is a Master Craftsman programs coordinator with the *Embroiderers' Guild of America*. She is going to explain and demonstrate what contemporary open embroidery is and show how the open effect is achieved. This technique allows one to look right through the opening to the other side for a maximum dimensional effect.
- **Dr. Charles Broz**, assistant professor of Culinary Arts with *Eastern New Mexico University*, will demonstrate how to make hummus at home, from scratch, using very inexpensive ingredients. He'll also show how to make multiple flavored versions by adding additional ingredients.
- **Megan Thome** is going to show a variety of felted projects, from a sweater to a pillow to seasonal décor, and she'll demystify the craft of felting, which is actually so easy! She is the former spokesperson for *EK Success Brands*.

**7417**

**12-27-17**

- Americans are falling short of their dairy recommendations and **Sarah Ryan**, a registered dietitian nutritionist with *DairyMAX*, will suggest three ways to incorporate milk, yogurt and cheese into your daily meals. These three food items provide nine essential nutrients which help maintain healthy weight and improve over-all diet quality.
- Author, designer and teacher, **Shannon Brinkley** will demonstrate collage quilting with kids using a technique called Scrappy Applique. She'll show how to use either the no-sew option or the sew option for this project.
- **Diane Tunnell** is an Independent Demonstrator with *Stampin' Up!*, and she's going to demonstrate how to make a miniature paper purse that can hold candy treats or other items. This is a very simple project but is impressive when you see how easy it is to make.

**7418**

**1-3-18**

- **Bruce Johnson** represents *Minwax*. He says that funky and functional charm are the buzzwords today, and he'll share a couple of ways to find new uses for discarded pieces, such as ladders and old drawers. He'll show how to turn these items into towel racks, centerpieces, and even a new wall display.
- **Atma Khalsa** is a designer for *Lovepop Cards*, and she's going to show how to incorporate three lovepops together to tell a story. She'll show a large variety of pre-made lovepop cards that can be used in a keepsake book for special occasions.
- For many people, selecting the right fabrics for quilts is the biggest hurdle. **Marci Baker** will show how to pick fabrics so you'll know that it will look great when you are finished. She'll go over values, a palette of colors and show how to use a color wheel with a viewing window to aid in the process. Baker's company is *Alicia's Attic, Inc.*

**7419**

**1-10-18**

- **Rae Cumbie** is the creative director for *Fit for Art Patterns*, and she's going to discuss various types of quilted jackets, tell how to get started, including how to plan the jacket and prepare the pieces, as well as how to construct the jacket. She'll do a trunk show to illustrate basic quilting techniques and design ideas.
- Did you know that a house will sell 80% faster if it has been staged? Interior designer, **Diane Romick** will share lots of ideas for expanded staging and share her 7-step approach to helping home owners sell their home quicker and for more money. Her business is *Castle Design Studio*.

**7420**

**1-17-18**

- **Mitch Teller** is President of *Softlites*, and he's going to explain why lighting in the kitchen is so important. Most kitchens have recessed lighting which creates a harsh glare that is unwelcoming. Teller will show how to upgrade your kitchen lighting without breaking the bank, and it's easy to install.
- Author and registered dietitian, **Carol Fenster** will introduce a new cookbook she's written titled "Gluten-Free Cooking for Two." She'll tell why she wrote the book, show some new appliances and bakeware that are perfect for smaller servings and also demonstrate some delicious dessert recipes from her book.

**7421**

**1-24-18**

- **Marjolaine Walker** is the owner and designer for *Twelve Stones Scrapbooking*. She will show a few sets of her own artist trading cards as well as demonstrate how to make them. Artist Trading Cards are miniature pieces of art that are traded with other artists.
- **Eric Drexler** will demonstrate thread sketching by using Sulky Sticky Fabri-Solve to run through a printer. This prints the design onto a sticky back stabilizer that can be placed on a quilt top. After stitching, you simply wash the quilt, and the pattern and stabilizer dissolve away. He is the National Sulky Educator, with *Sulky of America*.
- Designer and crafter, **Shannon Bielke** will show how to make fabulous frames using scrapbooking paper and embellishments. Bielke's company is *Sha & Co*.

**7422**

**1-31-18**

- **Judi Moreo** is an author, motivational speaker, and painter, and she knows first-hand what it is to travel the journey of cancer. She's going to talk about her book "Overcoming Cancer: A Journey of Faith" and tell how cancer and fear can be messages to help us make lifestyle changes. Her company is *Turning Point International*.
- **Laura Murray** is a quilter, author and designer, and her business is *Laura Murray Designs*. She's going to demonstrate how to use Paintstiks to embellish a variety of ready-made garments.

**7423**

**2-7-18**

- **Charlene Patton** is the Executive Director with the *Home Baking Assn*. As she demonstrates making double chocolate chip cookies, she'll talk about baking fundraisers and explain how the smart snack guidelines, which are determined by the USDA, are necessary standards to abide by.
- **David Fisher** is a self-taught soap maker, and he's going to demonstrate how to make your own fizzy bath bombs. These are not only wonderful to have at home, they make great gifts, too. Fisher is writing his own book about the basics of soap making.
- Designer and crafter, **Shannon Bielke** will show how to use Tulip's fabric markers to decorate all sorts of items, including baby clothes, totebags, tee-shirts and many more. Bielke's business is called *Sha & Co*.

**7424**

**2-14-18**

- **Rae Cumbie** is the creative director for *Fit for Art Patterns*, and she's going to review the different types of zippers found in garments and demonstrate basic construction options for each type. She'll do this by showing samples as well as finished garments.
- **Dr. Edward Kondrot** is the world's leading ophthalmologist and a board-certified homeopathic physician, and he says that a nutritious diet can lead to better eyesight. He'll discuss the five essential foods to incorporate into your diet. He is an author and founder of *Healing the Eye & Wellness Center*.

**7425**

**2-21-18**

- **John Vollertsen**, more commonly known as Chef Johnny Vee, is going to demonstrate two recipes from his "Cooking with Johnny Vee" cookbook. These are delicious gluten-free sweets the whole family will enjoy. He is the owner of *Las Cosas Cooking School*.
- Crafter and designer, **Marisa Pawelko** will show how to make duct tape pouches using nonstick cutting tools and rolls and sheets of duct tape. These pouches can be made in various sizes, colors and patterns and can be easily embellished, too. Her company is *Modern Surrealist*.

- **Michele Muska** is with the *Simplicity Creative Group*, and she's going to show the new Boye Loom Knit kit for bulky projects. She'll show how to use the various sizes of looms to make a set of three nesting bowls. She will demonstrate how to cast on and bind off with this unique knitting kit.
- OMG! How'd they do that? **Barbara Crawford** is a crafter and designer, and she's going to demonstrate some techniques that result in texturing the surface of fabric, older clothing, new garments or other items. It's called "Catch and Release" and you can turn a mundane item into something new and exciting. Her company is *Crawford Designs and "Sewing Made Simple" Patterns*.